



This Week at Sherwood Oaks - July 30 - August 5, 2023
The Audio Bulletin Board 8489

Sunday, July 30

Bus to Local Churches - Check bulletin board & Channel 950 for times

- 10:30 am Friends (Quaker) Meeting - Chapel
- 2:00 pm Chapel Service - Auditorium
Rev. David Paul
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Sunday Night Movie - Channel 951
Swing High, Swing Low (Passed)

Monday, July 31

- 8:15 am Bus to Passavant Cranberry
- 9:00 am PC, Laptop, Tablet, Smartphone Help - Computer Room
- 9:30 am Bus to Costco/Walmart/Passavant Main & Passavant Cranberry/Cranberry Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Center
- 10:00 am Aquacize - Swimming Pool
- 11:00 am Mindful Stretch - Cran. Lake Fitness Center
- 1:00 pm Bus to Shop 'n Save/CVS Pharmacy/Passavant Cranberry & Main Campus
- 1:00 pm Art Studio - All Welcome! - Lower Level Beside Craft Room
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 6:30 pm **NO** - Monday Night Bridge - Card Room

Tuesday, August 1

- 8:15 am Bus to Passavant Cranberry
- 9:30 am Bus to VA Clinic in Cranberry, Passavant Cranberry & Pittsburgh/Oakland
- 10:00 am Tai Chi - Cranberry Lake Fitness Center
- 11:00 am Move & Groove - Cran Lake Fit. Ctr.
- 1:00 pm Pool/Billiards - Billiards Room
- 1:00 pm Complimentary Hearing Aid Services with Dr. Francis - Appointments Necessary
- 1:40 pm Bus to VA Clinic Cranberry/Passavant
- 3:00 pm Sit & Fit Strength Class - Channel 951

"World's Greatest Paintings - Lectures 19 & 20"

Aug 1 ENCORE - Aug 3
 10:00 am, 3:30 pm, 7:00 pm 10:00 am & 3:30 pm
 TV Channel 951

Wednesday, August 2

- 8:15 am Bus to UPMC Passavant Cranberry
- 9:30 am Bus to Rite Aid, Pass. Cran. & 228 Mall
- 10:00 am Group Fitness - Cran. Lake Fitness Ctr.
- 10:00 am Men's Bible Study - Chapel
- 11:00 am 60 Second Circuit - Cran Lake Fit. Ctr.
- 11:45 am Bus to Rite Aid, Pass. Cran., 228 Mall & Cran. Twp. Municipal Building

Wednesday, August 2 (Continued)

- 1:00 pm Wednesday Bridge - Lobby
- 2:00 pm Bus to Rite Aid, Pass. Cran. & 228 Mall
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Wednesday Night Movie - Channel 951
Amsterdam (R)

Thursday, August 3

- 7:00 am Bus to Passavant Cranberry & Main
- 9:00 am Blackburn's Scooter Clinic until 2:30pm - Scooter Room/Gallery - Sign up in Mailroom
- 9:30 am Bus to Passavant Cranberry/Passavant Main & Cranberry Mall
- 10:00 am Aquacize - Swimming Pool
- 10:00 am Move & Groove - Cran Lake Fitness Ctr.
- 11:00 am Stretch & Stability - Cran Lake Fitness Ctr.
- 1:00 pm Bus to Deaner's Farm Market
- 1:00 pm Bus to Passavant Cranberry/Passavant Main & Streets of Cranberry
- 1:30 pm Duplicate Bridge - Card Room
- 3:00 pm Sit & Fit Strength Class - Channel 951

Friday, August 4

- 7:00 am Bus to Passavant Cranberry & Main
- 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
- 10:00 am Tai Chi - Cran. Lake Fitness Ctr.
- 11:00 am On the Move - Cran. Lake Fitness Ctr.
- 1:00 pm Bus to Costco/Walmart Plaza/Cranberry Mall Passavant Main & Passavant Cranberry
- 2:00 pm Pickleball - Cran Lake Fitness Center
- 2:00 pm Craft Group - Craft Room
- 3:00 pm Sew & So's - Chapel
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 7:30 pm Friday Night Movie - Channel 951
Wild Oats (PG-13)

Saturday, August 5

- 9:30 am Bus to Beaver Valley Mall
- 3:00 pm Sit & Fit Strength Class - Channel 951
- 3:40 pm Bus to St. Ferdinand's Church
- 6:45 pm Saturday Night Movie - Channel 951
Robinson Crusoe on Mars (PG)



SUNDAY 7/30/2023	MONDAY 7/31/2023	TUESDAY 8/1/2023	WEDNESDAY 8/2/2023	THURSDAY 8/3/2023	FRIDAY 8/4/2023	SATURDAY 8/5/2023
**choose (2) Manhattan Clam Chowder Potato Leek Soup	**choose (2) MINESTRONE SOUP Chicken Rice Soup	**choose (2) Chilled Strawberry Soup French Onion Soup	**choose (2) Vegetarian Vegetable Soup Beef & Rice Soup	**choose (2) Cream of Broccoli Soup Chicken Noodle Soup	**choose (2) Cream of Potato Soup Tomato Basil Soup	**choose (2) Chicken Tortilla Soup Italian Wedding Soup
Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup	Mixed Green House Salad Iceberg House Salad Prune Cup
choose (1) Stuffed Pork Chop Prime Rib au Jus Fried Fish CF - Sausage Gravy & Biscuits	choose (1) BW Red Wine Chicken Greek Lamb Patty Spaghetti w/Marinara CF - Baked Sole	choose (1) BW Cajun Pork Tenderloin Trio Salad Beef Shoulder w/Mushroom Sauce CF - Creole Jambalaya	choose (1) Baked Breaded Chicken Breast Pesto Cream Tortellini Blackened Shrimp CF - Beef Tacos	choose (1) Beef Stroganoff Turkey a L'Orange Portobello Cheese Quiche CF - Caribbean Spiced Barramundi	choose (1) Crispy Sesame Chicken Cheese Pizza Beef Pepper Steak CF - Scallops	choose (1) BW Swat with Fresh Salsa Rotisserie Chicken Italian Sausage CF - Flank Steak
choose (3) Parslief New Potatoes Roasted Asparagus Corn O'Brien AA Mashed Potato AA Baked Potato	choose (3) Fries Broccoli Baked Tomato Half AA Mashed Potato AA Baked Potato	choose (3) Cheesy Potatoes Sautéed Greens Roasted Butternut Squash AA Mashed Potato AA Baked Potato	choose (3) Creamy Cheesy Grits Lemon Green Beans Fried Okra AA Mashed Potato AA Baked Potato	choose (3) Egg Noodles Steamed Peas Midori Vegetable Blend AA Mashed Potato AA Baked Potato	choose (3) Fried Rice Spinach Honey Glazed Carrots AA Mashed Potato AA Baked Potato	choose (3) Baked Sweet Potato Fried Zucchini Sautéed Mushrooms AA Mashed Potato AA Baked Potato
Vegetable of the Week - Cauliflower Au Gratin						
choose (1) Specialty Bread	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll	choose (1) Assorted Dinner Roll
choose (1) Reese's Peanut Butter Pie Carrot Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Caramel Apple Walnut Pie Lemon Curd Cake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Hummingbird Cake Coconut Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Chocolate Fudge Cake Butterfinger Sundae Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Fresh Berries w/Whipped Cream Chocolate Chip Cookie Cheesecake Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Peach Streusel Cake Lemon Blueberry Cookie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup	choose (1) Blueberry Cobbler Cookies & Cream Pie Apple, Banana, or Orange Cookie of the day Ice Cream Fresh Fruit Cup

Hershey's Hand Scooped Ice Cream: Options change daily

**Choice of 2 to be made for delivery. If picking up in café or eating in dining room, meal includes 1 soup and the salad bar.

Drinks available: Orange Juice, V-8 Juice, Low Sodium V-8 Juice, Pepsi, Diet Pepsi, Mt. Dew,

Diet Mt. Dew, Ginger Ale, Diet Ginger Ale, Root Beer, Iced Tea, Lemonade, Bottled Water

CF notes the Chef's feature of the day.

AA = Always Available (ask your server for the complete AA menu).

BW denotes the Be Well recipe option of the day.

Large Printed Menus are available on Request. Call Jesse at #8505

Main Dining Room

Ext. 8234 (724-776-8234)

Lunch - 11:45 am-1 pm

Dinner - 4:30-6:30 pm

Café

Ext. 8236 (724-776-8236)

Breakfast - 8-10:30

Lunch - 10:30am-4:30pm

Dinner - 4:30-6:30 pm

Café Meal Pick Ups

11:30 am - 1 pm

4:30-6:30 pm

Corner Market

8 am - 6:30 pm